

cannellini bean dip

makes about 3 cups

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soak 1 lb. of dry cannellini beans in water overnight. make sure the water covers the beans by at least two inches, the beans will absorb some of the water so check it in the morning. I let the beans soak until I'm ready to cook them--which usually happens after noon.

Sort the beans--I remove the skins that have floated to the top as well as the beans that are old or discolored. Rinse the beans well in a colander. Put the beans in a stockpot and cover with water by 2-3 inches. Put the pot on the stove, setting the heat to high. Once the beans start boiling, turn the heat down to medium so the rolling boil calms down to a simmer. This is when I add most of the seasoning--which consists of:

2 Tablespoons of olive oil
1 teaspoon of freshly ground lemon pepper
1 teaspoon of herbes de provence
6-8 whole cloves of peeled garlic

I cook this without any salt; I read that salt can prevent beans from softening during the cooking process. I cook the beans 2 to 3 hours, keeping a close eye on the beans, stirring occasionally and making sure there's enough water. As the beans cook they are absorbing the water--I do not cook the beans until dry, I like them to be enrobed in water (a phrase usually used for chocolate, I've ruined it...). Once the beans are fully cooked and I take them off the heat and add about a Tablespoon of Lawry's Garlic Salt--which is a beautiful and tasty product. You may need to add more or less depending on your taste. I set the pot on the windowsill and allow the beans to cool to room temperature.

Now it's time to grind. That sounds dirty, and believe me, it is. You're gonna get messy. I transfer the beans to my mini-food processor and add about a teaspoon of olive oil to approximately 1 to 1-1/2 cups of beans and process until they're smooth. I continue repeating this process until all of the beans are ground into a creamy dip.



Serve room temperature with veggies, crackers, pitas, or whatever you prefer. Enjoy!